

**Saturday 13 January 2007**  
**London City Runner Metropolitan League Race Four**  
**At Wormwood Scrubs**

Men's Results

1	R	Williams	SB	28. 30	60	C	Panayiotou		High	32. 30	
2	O	Edwards	SB	28. 58	61	W	Gristwood	V	ESM	32. 30	
3	H	Dodwell	High	28. 59	62	S	Buckle		St Alb	32. 32	
4	T	Snow	WG&EL	29. 10	63	T	Forder	V	Met P (NS)	32. 34	
5	I	Zigadlo	ESM	29. 14	64	A	Brown	V	E&H	32. 36	
6	M	Burgess	WG&EL	29. 22	65	R	Browne		Lon H	32. 38	
7	J	Trapmore	SB	29. 30	66	I	Cummings	V	WG&EL	32. 41	
8	A	Barber	NEB	29. 32	67	T	Grant		Hill	32. 42	
9	K	Murphy	WG&EL	29. 41	68	J	Ferraro	V	Lon H	32. 51	
10	J	Clarke	NEB	29. 46	69	M	Sullivan		SB	32. 56	
11	R	Gamble	Barn	29. 49	70	H	Alty		VPH&TH	32. 57	
12	N	Vanlerberghe	VPH&TH	29. 53	71	A	Lindsay		High	32. 59	
13	W	Grant	SB	30. 04	72	C	Braybrook	V	St Alb	33. 00	
14	M	Shone	WG&EL	30. 13	73	N	Rowe	V	Met P	33. 02	
15	A	Murphy	SB	30. 17	74	M	Revier		Hill	33. 09	
16	R	McCormick	V	Barn	30. 22	75	J	Flahive	V	Lon H	33. ??
17	M	Grant	SB	30. 24	76	J	Brown		Met P	33. ??	
18	J	Sumpter	TVH	30. 28	77	D	Cox	V	WG&EL	33. ??	
19	T	Phillips	WG&EL	30. 31	78	T	Parkin		SB	33. ??	
20	J	Roche	VPH&TH	30. 32	79	A	Benson		Herts P	33. ??	
21	K	Robertson	SB	30. 37	80	A	Robbins		Serp	33. ??	
22	P	Cuddihy	Hill	30. 41	81	G	Levy		Lon FR	33. ??	
23	S	Farah	NEB	30. 50	82	N	Morrison	V	Herts P	33. ??	
24	R	McKinlay	High	30. 54	83	C	Shepherd		WG&EL	33. ??	
25	A	Diing	High	30. 56	84	C	Brotherton		WG&EL	33. ??	
26	J	Hine	Met P	30. 58	85	M	Bateman		Hill	33. ??	
27	B	Powell	WG&EL	30. 59	86	R	Tuddenham		Serp	33. ??	
28	J	Robertson	ESM	31. 01	87	R	Breen		SB	33. ??	
29	P	Stainer	V	SB	31. 01	88	G	Bagnall		VPH&TH	33. ??
30	D	Clark	TVH	31. 02	89	B	Stramer		Serp	33. ??	
31	M	Jubb	St Alb	31. 04	90	M	Harris	V	Met P	33. ??	
32	M	Potter	Lon H	31. 05	91	J	Lowe		High	33. ??	
33	P	Ilott	SB	31. 06	92	R	Brown	V	ESM	33. ??	
34	P	Downie	High	31. 06	93	Not	Declared		Lon H	33. ??	
35	R	Wilson	ESM	31. 09	94	K	Heney		Lon H	33. 37	
36	G	Robinson	GCR	31. 14	95	A	Dunasko		Lon H	33. 38	
37	K	Darcy	Serp	31. 16	96	M	Delahunty		ESM	33. 40	
38	A	Skorubskas	ESM	31. 26	97	T	Mitchell-Smith		VPH&TH	33. 45	
39	AJ	Holford	WG&EL	31. 29	98	K	Free		Met P	33. 48	
40	T	Lashmar	VPH&TH	31. 33	99	J	Blanchard	V	ESM	33. 50	
41	I	Druce	Serp	31. 34	100	P	Warburton	V	Hill	33. 51	
42	J	Mohamed	NEB	31. 40	101	C	Woodhouse		Met P	33. 55	
43	C	Berg	WG&EL	31. 42	102	J	Cox		St Alb	33. 58	
44	P	Lemmon	V	Lon H	31. 43	103	P	Pearce		SB	33. 59
45	A	Reeves	Serp	31. 46	104	E	Noble		Serp	34. 03	
46	M	Bigley	Lon H	31. 48	105	S	Weston		St Alb	34. 04	
47	A	Holt	V	GCR	31. 53	106	J	Knight		Met P	34. 05
48	N	Stoddart	SMR	32. 03	107	M	Ponting		TVH	34. 06	
49	D	Thompson	Hill	32. 09	108	E	Phillips		Serp	34. 07	
50	M	DaSilva	TVH	32. 10	109	K	Barczak		SB	34. 09	
51	G	Jones	TVH	32. 12	110	JJ	Quirke	V	Lon I	34. 11	
52	N	Keys	E&H	32. 13	111	A	Davies		Serp	34. 17	
53	A	Welshman	V	Lon H	32. 14	112	S	Nunn	V	Barn	34. 19
54	R	Jenkin	V	Hill	32. 17	113	D	Shortridge		VPH&TH	34. 20
55	P	Manson	WG&EL	32. 19	114	A	Miles	V	Hill	34. 22	
56	M	Branco	Serp	32. 21	115	J	Gardner		High	34. 26	
57	M	Gaunt	Serp	32. 23	116	J	Long		WG&EL	34. 32	
58	H	Torry	Serp	32. 26	117	K	Waterman	V	Hill	34. 34	
59	B	Hussain	NEB	32. 29	118	R	Harding	V	Met P	34. 38	

119	A	Owen		Lon H	34.	39		184	P	Williams	V	E&H	37.	18
120	J	Husbands	V	TVH	34.	40		185	S	Plested	V	ESM	37.	21
121	T	McCarthy	V	WG&EL	34.	41		186	D	Edwards	V	GCR	37.	25
122	P	Cunningham	V	SB	34.	43		187	R	Howells	V	ESM	37.	32
123	B	Butler		VPH&TH	34.	45		188	D	Ross		Lon H	37.	40
124	J	Taylor		Barn	34.	45		189	D	Jackson		Met P	37.	42
125	R	Tomlinson		ESM	34.	47		190	P	Doyle		Lon FR	37.	44
126	L	Dooley		Met P	34.	51		191	S	Conner		Met P	37.	45
127	B	Walsh		SB	34.	58		192	P	Mee	V	VPH&TH	37.	46
128	D	Digweed		St Alb	35.	00		193	M	Rogers		WG&EL	37.	51
129	P	Wetton		TVH	35.	00		194	J	Waterfield		Met P	37.	55
130	M	Allen		GCR	35.	03		195	R	Hooley	V	TVH	37.	56
131	A	Horton		Barn	35.	04		196	S	Bowen	V	GCR	37.	59
132	G	Parsons		Lon FR	35.	06		197	M	George		Lon H	38.	00
133	D	Newman	V	Hill	35.	07		198	A	Bell	V	ESM	38.	03
134	A	Hibbert		Serp	35.	10		199	V	Wilson	V	WG&EL	38.	06
135	N	Shaikh		SB	35.	12		200	T	Jewell	V	Lon FR	38.	07
136	P	Kaley		St Alb	35.	12		201	K	McLeod		Serp	38.	08
137	G	Kennedy		Lon FR	35.	12		202	N	Jordan-Caws		St Alb	38.	09
138	T	Killilea	V	Lon H	35.	19		203	B	Boothroyd		Met P	38.	10
139	M	Ingram	V	TVH	35.	23		204	I	Hodge	V	Serp	38.	12
140	G	Dunn		Met P	35.	27		205	P	Stiles	V	E&H	38.	14
141	J	O'Shea	V	High	35.	27		206	P	Sant		Morn	38.	17
142	J	Rainbow		High	35.	29		207	K	Lineham	V	High	38.	18
143	K	Walden		SB	35.	29		208	S	Allen	V	Barn	38.	19
144	J	Binfield		SMR	35.	34		209	T	Powell	V	WG&EL	38.	21
145	I	Birch	V	ESM	35.	40		210	M	Lockey		Met P	38.	22
146	R	Patel		Barn	35.	42		211	G	Clarke	V	St Alb	38.	23
147	M	Tillotson		Lon H	35.	44		212	J	Murphy		Barn	38.	24
148	I	Smarman		Serp	35.	46		213	A	Read		NEB	38.	25
149	S	McCarthy		Lon FR	35.	47		214	C	Lee	V	ESM	38.	28
150	S	Hirons	V	Hill	35.	48		215	J	Falvey	V	ESM	38.	34
151	J	Clamp		TVH	35.	49		216	R	Powell	V	SB	38.	38
152	S	Wicks		Lon FR	35.	54		217	D	Buckeridge	V	ESM	38.	45
153	P	Wyatt		Met P	35.	58		218	A	Brandimarti		Serp	38.	51
154	A	Smith		WG&EL	35.	59		219	R	Howells		Serp	38.	56
155	A	Dickson		Lon H	36.	02		220	T	Chin	V	Lon H	38.	57
156	D	McGregor	V	Serp	36.	04		221	G	Pugh		Morn	39.	01
157	A	Ross	V	Herts P	36.	06		222	C	Saunders		Serp	39.	03
158	D	Healy		E&H	36.	08		223	J	Kelly	V	SB	39.	05
159	AD	Holford	V	WG&EL	36.	10		224	J	Balcombe		Met P	39.	07
160	S	Wicks	V	Hill	36.	14		225	J	Courtney		Met P	39.	08
161	P	Fitzpatrick	V	Herts P	36.	15		226	J	Bignell	V	Hill	39.	09
162	J	Armstrong		Lon H	36.	16		227	S	Keys	V	E&H	39.	16
163	G	Lee	V	E&H	36.	29		228	B	Plump		Serp	39.	28
164	J	Barretta		High	36.	37		229	N	Stockman		High	39.	29
165	T	Marlow	V	Lon H	36.	38		230	R	Foskett	V	Herts P	39.	38
166	J	Williams		Lon FR	36.	39		231	S	Mann	V	Herts P	39.	39
167	R	Robeson		Lon FR	36.	40		232	I	Mawdesley		Met P	39.	45
168	J	Nisbet	V	H&H	36.	42		233	L	Grant		WG&EL	39.	51
169	S	Scrutton	V	High	36.	43		234	F	Robinson	V	Barn	39.	55
170	D	Walton	V	Lon H	36.	44		235	A	Thorpe		WG&EL	39.	58
171	C	Hamer	V	Lon H	36.	45		236	R	Cripps		Serp	40.	03
172	J	Lock		Serp	36.	48		237	M	Mack	V	WG&EL	40.	10
173	K	Paradice		Hill	36.	53		238	R	Bloom	V	Herts P	40.	21
174	P	Williams	V	Herts P	36.	55		239	K	Townson		Lon H	40.	36
175	S	Rodgers		Met P	36.	56		240	S	Maddison	V	TVH	40.	41
176	A	Elferink		Serp	36.	56		241	D	Beasley	V	Herts P	40.	46
177	J	McFarlin	V	Met P	36.	58		242	J	O'Dowd	V	Hill	40.	48
178	R	Hogg		WG&EL	37.	02		243	N	Mann	V	Hill	40.	49
179	S	Dokic	V	Hill	37.	07		244	D	Vizard	V	Hill	40.	54
180	A	Watson		Lon FR	37.	10		245	M	Coombs	V	Met P	41.	19
181	K	Wilson	V	High	37.	11		246	M	McDonough		Lon FR	41.	23
182	P	Crockford	V	Lon H	37.	12		247	J	Steed	V	Herts P	41.	24
183	C	Jacobs		Lon FR	37.	14		248	M	Dixon	V	Herts P	41.	30

249	P	York	V	ESM	41. 33
250	C	Cloke	V	E&H	41. 36
251	G	Deathridge	V	VPH&TH	41. 42
252	G	French	V	ESM	41. 44
253	J	Cullinane		Serp	41. 46
254	G	Robertson	V	Serp	41. 53
255	P	Sawko		GCR	41. 57
256	C	Antoniou	V	Barn	42. 00
257	J	Booth		Lon FR	42. 06
258	L	Dale		NEB	42. 19
259	T	Spanyol		WG&EL	42. 31
260	D	Moscrop	V	GCR	42. 35
261	M	Jamil	V	Lon FR	42. 44
262	J	Tilsley	V	Serp	42. 48
263	N	Aylott	V	GCR	43. 07
264	G	Harrold	V	E&H	43. 15
265	R	Airton	V	Lon FR	43. 17
266	I	Hall	V	Serp	43. 22
267	T	Smith	V	TVH	43. 33
268	D	Over		Serp	44. 01
269	M	Hewitson	V	GCR	44. 05
270	I	Wainwright		St Alb	44. 16
271	T	Allen	V	GCR	44. 21
272	M	Gilham	V	Herts P	44. 45
273	T	Kent		H&H	45. 14
274	L	Menken		Serp	45. 23
275	A	Gasbutowicz	V	VPH&TH	45. 36
276	A	Keeler	V	ESM	45. 43
277	T	Hannah	V	ESM	45. 46
278	S	Patterson	V	Hill	45. 57
279	P	Hope	V	Met P	46. 14
280	C	Jenkins	V	NEB	46. 36
281	N	Dibb	V	TVH	47. 08
282	P	Howell	V	Barn	47. 15
283	L	Steinpress	V	Lon H	47. 36
284	R	Johnson	V	Hill	51. 01
285	S	Thompson	V	Hill	51. 08
286	B	Chapman	V	Morn	56. 44
287	M	Raynor	V	Morn	56. 44

Men's League Positions

1	Woodford Green with Essex Ladies	12571
2	Shaftesbury Barnet Harriers	12385
3	Serpentine RC	10842
4	Highgate Harriers	10471
5	London Heathside	9964
6	Ealing, Southall & Middlesex	9439
7	Hillingdon	9137
8	Metropolitan Police AA	8684
9	Victoria Park & Tower Hamlets	7653
10	Garden City Runners	7627
11	Enfield & Haringey	7078
12	Thames Valley Harriers	6727
13	Woodford Green with Essex Ladies 'B'	6695
14	St Albans Striders	6160
15	Herts Phoenix	6012
16	Barnet & District	5729
17	Serpentine RC 'B'	5676
18	Newham & Essex Beagles	5449
19	London Frontrunners	5072
20	Harlow RC	1436
21	St Mary's Richmond	1190
22	Garden City Runners 'B'	847
23	London Irish	755
24	Hayes & Harlington	490
25	Mornington Chasers	209

Veteran Men's Results

1	R	McCormick	Barn	30. 22
2	P	Stainer	SB	31. 01
3	P	Lemmon	Lon H	31. 43

Men's Team Result

1	Shaftesbury Barnet Harriers	3084
2	Woodford Green with Essex Ladies	3014
3	Serpentine RC	2584
4	London Heathside	2534
5	Highgate Harriers	2417
6	Ealing, Southall & Middlesex	2360
7	Hillingdon	2331
8	Metropolitan Police AA	2174
9	Thames Valley Harriers	1959
10	Victoria Park & Tower Hamlets	1887
11	St Albans Striders	1561
12	London Frontrunners	1473
13	Barnet & District	1436
14	Newham & Essex Beagles	1411
15	Woodford Green with Essex Ladies 'B'	1338
16	Serpentine RC 'B'	1142
17	Herts Phoenix	1096
18	Enfield & Haringey	1025
19	Garden City Runners	967
20	St Mary's Richmond	384
21	London Irish	178
22	Mornington Chasers	152
23	Hayes & Harlington	135

Veteran Men's Team Result

1	London Heathside	604
2	Hillingdon	572
3	Ealing, Southall & Middlesex	525
4	Woodford Green with Essex Ladies	495
5	Herts Phoenix	420
6	Metropolitan Police AA	412
7	Enfield & Haringey	383
8	Barnet & District	339
9	Thames Valley Harriers	303
10	Garden City Runners	301
11	Shaftesbury Barnet Harriers	301
12	Highgate Harriers	285
13	Serpentine RC	206
14	St Albans Striders	158
15	Victoria Park & Tower Hamlets	104
16	London Frontrunners	100
17	London Irish	97
18	Hayes & Harlington	76
19	Newham & Essex Beagles	8
20	Mornington Chasers	3

## Veteran Men's League Positions

1	Woodford Green with Essex Ladies	2484	12	Serpentine RC	992
2	London Heathside	2338	13	Thames Valley Harriers	838
3	Hillingdon	2174	14	St Albans Striders	809
4	Ealing, Southall & Middlesex	1793	15	Victoria Park & Tower Hamlets	629
5	Barnet & District	1764	16	London Frontrunners	544
6	Garden City Runners	1576	17	Harlow RC	356
7	Enfield & Haringey	1558	18	Hayes & Harlington	279
8	Metropolitan Police AA	1511	19	London Irish	258
9	Herts Phoenix	1372	20	Newham & Essex Beagles	145
10	Highgate Harriers	1342	21	Mornington Chasers	6
11	Shaftesbury Barnet Harriers	1089			

## Under 17 Men's Results

1	R	Mann	Hill	14.	31
2	R	Sparke	WG&EL	14.	41
3	R	Matinez-Rodney	E&H	15.	05
4	Z	Benzerroune	TVH	15.	11
5	A	Cornwell	WG&EL	15.	14
6	O	Mansour	WG&EL	15.	31
7	J	Taylor-Caldwell	TVH	15.	40
8	R	Thompson	Hill	15.	51
9	C	Assmundson	SMR	15.	53
10	H	Gilham	Herts P	15.	57
11	J	Laing	Hill	16.	01
12	L	Matthewman	High	16.	07
13	S	Zajackowski	ESM	16.	15
14	T	Yasin	ESM	16.	23
15	C	Yates	Hill	16.	26
16	M	Abbam	WG&EL	16.	30
17	T	Pullan	TVH	16.	33
18	L	Nicholas	ESM	16.	36
19	P	Townsend	Herts P	16.	37
20	B	Phillips	WG&EL	16.	40
21	A	Parkin	ESM	16.	41
22	P	Scanlan	WG&EL	16.	45
23	A	Jones	E&H	16.	46
24	R	Brown	Herts P	17.	12
25	M	Speight	Hill	17.	18
26	M	Thaddeus	Herts P	17.	23
27	C	Hepworth	ESM	17.	26
28	C	Vaughan	E&H	17.	28
29	W	Laing	High	17.	36
30	D	Mobbs	High	17.	49
31	Not	Declared	Gst	17.	52
32	K	Ingham-Neacy	Hill	17.	54
33	Not	Declared	Gst	17.	58
34	E	De Marcos	TVH	18.	07
35	G	Nisbet	H&H	18.	11
36	S	Ashcroft	ESM	18.	16
37	B	Murrell	WG&EL	18.	23
38	Not	Declared	Gst	18.	27
39	A	Shaw	ESM	18.	32
40	B	Zaheer	ESM	18.	42
41	G	Guthrie	NEB	18.	43
42	G	Laing	High	19.	08
43	G	Barclay	Hill	19.	18
44	S	Whelan	TVH	20.	12
45	T	Adamson	TVH	20.	24
46	R	Churher	ESM	20.	25
47	L	Weir	SMR	20.	54
48	M	Shelley	ESM	20.	57
49	Not	Declared	Gst	22.	10

## Under 17 Men's Team Result

1	Woodford Green with Essex Ladies	171
2	Hillingdon	165
3	Thames Valley Harriers	138
4	Ealing, Southall & Middlesex	134
5	Herts Phoenix	121
6	Enfield & Haringey	96
7	Highgate Harriers	87
8	Ealing, Southall & Middlesex 'B'	58
9	St Mary's Richmond	44
10	Hayes & Harlington	15
11	Newham & Essex Beagles	9

## Under 17 Men's League Positions

1	Woodford Green with Essex Ladies	639
2	Hillingdon	614
3	Ealing, Southall & Middlesex	590
4	Herts Phoenix	565
5	Thames Valley Harriers	433
6	Highgate Harriers	393
7	St Mary's Richmond	327
8	Shaftesbury Barnet Harriers	311
9	Enfield & Haringey	261
10	Ealing, Southall & Middlesex 'B'	249
11	Herts Phoenix 'B'	176
12	Newham & Essex Beagles	162
13	London Heathside	161
14	Hayes & Harlington	52

### Under 13 Boy's Results

1	R	Charles	ESM	12. 45	21	G	Eastwell	Hill	15. 20
2	E	Shepherd	Herts P	13. 04	22	W	Pinder	ESM	15. 23
3	M	Cameron	ESM	13. 26	23	T	Piachaud	SMR	15. 33
4	J	Killip	SMR	13. 27	24	C	Charles	ESM	15. 34
5	R	Wagstaff	Gst	13. 57	25	D	Pinder	ESM	15. 35
6	J	Stockings	WG&EL	14. 01	26	J	Watts	NEB	15. 37
7	J	Keisler	SMR	14. 07	27	D	White	SMR	15. 54
8	A	Haynes	ESM	14. 13	28	G	Campbell	Hill	15. 57
9	T	Saunders	Hill	14. 16	29	P	Trofa	ESM	16. 35
10	L	Blaikie	WG&EL	14. 20	30	Not	Declared	Gst	16. 43
11	A	Walshe	Herts P	14. 22	31	C	Bannister	TVH	16. 44
12	M	Fayers	Hill	14. 24	32	Not	Declared	Gst	17. 09
13	L	Penney	SMR	14. 29	33	R	Williams	Hill	17. 23
14	D	McGuigan	ESM	14. 30	34	L	Jones	ESM	17. 29
15	J	Coffey	Herts P	14. 35	35	D	Speight	Hill	17. 37
16	T	Bower	NEB	14. 43	36	J	Vizard	Hill	17. 46
17	L	Murphy	WG&EL	15. 11	37	K	Kenrick	TVH	17. 50
18	J	Edwards	TVH	15. 16	38	N	Toumi	TVH	17. 55
19	J	Castro	Hill	15. 17	39	Not	Declared	TVH	ntt
20	G	Pullan	TVH	15. 19					

### Under 13 Boy's Team Result

1	Ealing, Southall & Middlesex	134
2	St Mary's Richmond	113
3	Hillingdon	99
4	Herts Phoenix	92
5	Woodford Green with Essex Ladies	87
6	Ealing, Southall & Middlesex 'B'	60
7	Thames Valley Harriers	54
8	Newham & Essex Beagles	38

### Under 13 Boy's League Positions

1	Ealing, Southall & Middlesex	465
2	Hillingdon	360
3	Herts Phoenix	317
4	St Mary's Richmond	272
5	Ealing, Southall & Middlesex 'B'	228
6	Woodford Green with Essex Ladies	216
7	Shaftesbury Barnet Harriers	148
8	Newham & Essex Beagles	104
9	Enfield & Haringey	75
10	Thames Valley Harriers	67
11	Victoria Park & Tower Hamlets	16
12	London Heathside	7

### Women's Results

1	V	Webster	SB	15. 42	25	D	Kennedy	WG&EL	18. 03
2	E	Evans	High	16. 35	26	S	McHugh	Met P	18. 05
3	J	King	V Lon H	16. 43	27	A	Einarsdottir	V Lon FR	18. 06
4	A	Wingler	V High	16. 45	28	N	Cendrowicz	V High	18. 09
5	H	Zenner	Serp (NS)	16. 54	29	L	Burnie	High	18. 15
6	S	Simmons	Met P	16. 58	30	S	Edmonds	Serp	18. 17
7	N	Griffith	WG&EL	17. 04	31	M	Valencia	Lon FR	18. 18
8	A	McGuigan	ESM	17. 09	32	J	Gray	GCR	18. 19
9	V	Parry	V Lon H	17. 13	33	L	Cameron	Met P	18. 22
10	B	Pritchett	V WG&EL	17. 15	34	K	Crowe	Serp	18. 23
11	N	Fidler	Gst	17. 19	35	C	Perry	Barn	18. 29
12	C	Cutler	WG&EL	17. 21	36	C	Harris	V GCR	18. 30
13	K	March	Barn	17. 28	37	V	Dabhi	NEB	18. 32
14	J	Singer	VPH&TH	17. 31	38	P	Thomas	V ESM	18. 33
15	L	Clifford	V GCR	17. 34	39	J	Wastell	V Lon H	18. 34
16	F	Kennedy	V ESM	17. 38	40	A	Goodwin	High	18. 35
17	K	Jenrick	V High	17. 46	41	S	Richardson	ESM	18. 36
18	S	Swan	Lon H	17. 50	42	A	Evans	Lon H	18. 39
19	E	Ferenczi	SB	17. 51	43	L	Crosson	Serp	18. 39
20	M	Newbery	TVH	17. 52	44	A	Stach-Kevitz	V NEB	18. 40
21	M	Livingstone	V GCR	17. 54	45	H	Pollak	ESM	18. 40
22	C	Foster	TVH	17. 56	46	S	Peterson	TVH	18. 40
23	M	Hall	GCR	18. 00	47	S	Main	TVH	18. 44
24	F	Burnie	High	18. 02	48	H	Arredondo	E&H	18. 44

49	M	Powell		WG&EL	18. 45	84	C	Jones	V	ESM	20. 43
50	K	Solder		WG&EL	18. 46	85	S	Jackson		Met P	20. 51
51	A	Care		WG&EL	18. 50	86	A	Holford		WG&EL	20. 54
52	L	McGuinness	V	Morn	18. 53	87	M	Walsh		ESM	20. 58
53	G	Jubb		St Alb	18. 53	88	B	Jones		Lon FR	21. 07
54	L	Whitehead		Herts P	18. 54	89	S	Nettleton		H&H	21. 13
55	H	Apen		Met P	19. 01	90	L	Vacher		VPH&TH	21. 26
56	J	Wastell	V	Lon H	19. 06	91	J	Allen	V	GCR	21. 29
57	K	Levene		Lon H	19. 08	92	J	Gristwood	V	ESM	21. 42
58	K	Bannister		VPH&TH	19. 15	93	R	Brough		Serp	21. 44
59	C	Hale	V	GCR	19. 18	94	M	Sampson		H&H	21. 47
60	J	Conn	V	Serp	19. 22	95	S	Kelly		TVH	21. 49
61	G	Morgan	V	ESM	19. 23	96	C	Heemskerck	V	Hill	21. 50
62	R	Miller	V	Lon H	19. 26	97	J	Reid	V	Met P	21. 58
63	L	Maughan	V	Serp	19. 30	98	L	Bott		Serp	22. 02
64	N	Vasey		High	19. 32	99	S	Brighton	V	Lon H	22. 03
65	N	Baker	V	ESM	19. 34	100	M	Bowyer	V	NEB	22. 05
66	V	Metcalf	V	Serp	19. 38	101	B	Vogt	V	Serp	22. 24
67	A	Palin		Serp	19. 41	102	A	Markiewicz		VPH&TH	22. 43
68	B	Fernandez		Lon FR	19. 50	103	A	Cowley	V	Herts P	22. 45
69	M	McNamara		E&H	19. 54	104	A	Richmond		Morn	22. 57
70	A	Mann		GCR	19. 55	105	L	Hutchison	V	Hill	23. 04
71	A	Mingham		SMR	19. 56	106	S	Pacey		Met P	23. 16
72	S	Robinson		Serp	19. 56	107	F	Scott	V	TVH	23. 38
73	K	Horswood	V	Met P	20. 04	108	M	McClure	V	VPH&TH	23. 47
74	K	Wilson		E&H	20. 09	109	A	Birch	V	ESM	24. 14
75	J	Docking		WG&EL	20. 14	110	A	Fake		VPH&TH	24. 21
76	F	Holland	V	Lon H	20. 18	111	K	Davidson	V	TVH	24. 38
77	C	Trease		Hill	20. 19	112	D	Johnstone	V	ESM	24. 47
78	O	Muminova		Lon FR	20. 26	113	C	Sacks	V	Serp	24. 49
79	A	Wardle	V	WG&EL	20. 29	114	H	Kemble		E&H	25. 17
80	S	Ware		NEB	20. 32	115	L	Rossa		Serp	25. 55
81	P	Jordan-Caws		St Alb	20. 32	116	C	Marsh	V	Herts P	26. 49
82	R	Ingram		Serp	20. 36	117	A	Foderaro		Morn	28. 26
83	K	Burns	V	WG&EL	20. 40						

#### Women's Team Result

1	Highgate Harriers	604
2	Woodford Green with Essex Ladies	555
3	London Heathside	541
4	Garden City Runners	522
5	Ealing, Southall & Middlesex	499
6	Metropolitan Police AA	430
7	Serpentine RC	412
8	Thames Valley Harriers	371
9	London Frontrunners	298
10	Victoria Park & Tower Hamlets	226
11	Shaftesbury Barnet Harriers	216
12	Newham & Essex Beagles	211
13	Serpentine RC 'B'	195
14	Barnet & District	188
15	Enfield & Haringey	167
16	St Albans Striders	102
17	Herts Phoenix	81
18	Mornington Chasers	81
19	Hillingdon	76
20	Hayes & Harlington	53
21	St Mary's Richmond	47

#### Women's League Positions

1	Highgate Harriers	2864
2	Woodford Green with Essex Ladies	2464
3	London Heathside	2398
4	Garden City Runners	2283
5	Serpentine RC	2097
6	Ealing, Southall & Middlesex	2048
7	Metropolitan Police AA	1983
8	Barnet & District	1638
9	Thames Valley Harriers	1472
10	London Frontrunners	1307
11	Serpentine RC 'B'	1222
12	Enfield & Haringey	1159
13	Newham & Essex Beagles	940
14	Victoria Park & Tower Hamlets	876
15	Shaftesbury Barnet Harriers	861
16	St Albans Striders	705
17	Hillingdon	695
18	Herts Phoenix	495
19	Mornington Chasers	194
20	St Mary's Richmond	134
21	Harlow RC	104
22	Hayes & Harlington	81

### Veteran Women's Results

1	J	King	Lon H	16. 43
2	A	Wingler	High	16. 45
3	V	Parry	Lon H	17. 13

### Veteran Women's Team Result

1	London Heathside	147
2	Garden City Runners	139
3	Ealing, Southall & Middlesex	121
4	Highgate Harriers	116
5	Serpentine RC	83
6	Woodford Green with Essex Ladies	78
7	Newham & Essex Beagles	42
8	London Frontrunners	36
9	Metropolitan Police AA	34
10	Mornington Chasers	30
11	Hillingdon	22
12	Thames Valley Harriers	11
13	Herts Phoenix	10
14	Victoria Park & Tower Hamlets	6

### Under 15 Girl's Results

1	G	Bell	ESM	13. 33
2	N	Dabhi	NEB	14. 13
3	E	Fuller	Herts P	14. 33
4	D	Atanda	NEB	14. 39
5	J	Tory	TVH	14. 54
6	G	Miansarow	SMR	14. 55
7	E	Salvidge	E&H	14. 58
8	E	Davies	ESM	15. 02
9	A	Garnham	SMR	15. 03
10	R	Pryce	SMR	15. 06
11	A	Keane	High	15. 20
12	B	Hewitt	WG&EL	15. 23
13	L	Edmunds	SMR	15. 24
14	K	Barber	Barn	15. 28
15	D	Durham	NEB	15. 29
16	K	Brown	E&H	15. 30
17	Ho	Pattie-Belleli	WG&EL	15. 31
18	G	Ferrari	WG&EL	15. 32
19	S	Hickman	E&H	16. 09
20	H	Gibbons	Hill	16. 18

### Under 15 Girl's Team Result

1	St Mary's Richmond	126
2	Newham & Essex Beagles	106
3	Ealing, Southall & Middlesex	101
4	Woodford Green with Essex Ladies	94
5	Enfield & Haringey	89
6	Hillingdon	64
7	Thames Valley Harriers	52
8	Herts Phoenix	49
9	Highgate Harriers	30
10	Barnet & District	27

### Veteran Women's League Positions

1	London Heathside	599
2	Garden City Runners	535
3	Ealing, Southall & Middlesex	453
4	Highgate Harriers	451
5	Woodford Green with Essex Ladies	365
6	Serpentine RC	271
7	Barnet & District	246
8	Newham & Essex Beagles	127
9	Metropolitan Police AA	87
10	Hillingdon	76
11	London Frontrunners	73
12	St Albans Striders	71
13	Mornington Chasers	69
14	Thames Valley Harriers	44
15	Herts Phoenix	25
16	Harlow RC	16
17	Shaftesbury Barnet Harriers	16
18	Victoria Park & Tower Hamlets	13
19	Enfield & Haringey	9
20	Hayes & Harlington	6

21	W	Malin	SMR	16. 22
22	M	Blackie	Hill	16. 25
23	K	Stockings	WG&EL	16. 29
24	C	Vizard	Hill	16. 32
25	N	Shelley	ESM	16. 35
26	N	Nigond	SMR	16. 55
27	I	Ogden	TVH	16. 56
28	E	Edmunds	SMR	17. 11
29	M	Polke	ESM	17. 15
30	E	Meakins	Herts P	17. 19
31	J	O'Connell	ESM	18. 09
32	Ha	Pattie-Belleli	WG&EL	19. 14
33	B	Grimsey	E&H	19. 21
34	K	Dempsey-Brench	Hill	19. 25
35	Z	Dempsey-Brench	Hill	19. 36
36	E	Matthews	ESM	19. 40
37	O	Ladipo	NEB	20. 44
38	M	Singh	WG&EL	21. 11
39	I	Digraaf	TVH	22. 24
40	L	Cameron	ESM	23. 06

### Under 15 Girl's League Positions

1	St Mary's Richmond	651
2	Newham & Essex Beagles	541
3	Woodford Green with Essex Ladies	504
4	Herts Phoenix	494
5	Ealing, Southall & Middlesex	483
6	Enfield & Haringey	379
7	Thames Valley Harriers	367
8	Hillingdon	297
9	Highgate Harriers	199
10	Barnet & District	121
11	Victoria Park & Tower Hamlets	35
12	London Heathside	26

Reminder Result sheets and discs must be handed to Howard Williams (League Secretary) within 30 minutes of conclusion of races

Final fixture: Saturday 10 February 2007 at Horsenden Hill, Perivale (hosted by Ealing, Southall & Middlesex AC). 1.30pm start